

April 2024 ECE Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

1

- Cheesy Eggs w/ Toast **V**
- Diced Pears

2

- Tropical Mango Oatmeal Round **V**
- Strawberries

3

- Strawberry yogurt w/ Graham Crackers **V**
- Orange Wedges

4

- French Toast Sticks **VE**
- Baked Cinnamon Apples

5

NO SCHOOL

8

- Bagel w/ Cream Cheese **V**
- Tropical Fruit Salad

9

- Vanilla Yogurt w/ Graham Crackers **V**
- Fresh Tangerine

10

- Cinnamon Frech Toast Bites **V**
- Watermelon

11

- French Toast Sticks **VE**
- Fresh Apple Slices

12

- Egg and Potato Breakfast Burrito **V**
- Fresh Banana

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

22

- French Toast Sticks **VE**
- Fresh Apple Slices

23

- Scrambled Eggs w/ Toast **V**
- Pineapple Tidbits

24

- Tropical Oatmeal Round **V**
- Banana

25

- Bagel w/ Cream Cheese **V**
- Orange Wedges

26

- Vanilla Yogurt Cup w/ Graham Crackers **V**
- Fresh Tangerine

29

- Strawberry Yogurt Cup w/ Graham Crackers
- Orange Wedges

30

- Egg & Potato Burrito
- Fresh Tangerine

May 1

- Cranberry Orange Sunrise Round **V**
- Applesauce

2

- Bagel w/ Cream Cheese **V**
- Fresh Banana

3

- Strawberry Oatmeal **VE**
- Strawberry Cup

For an interactive menu a nutrient information, please visit us on dcps.sodexomyway.com

Offered Daily:
Skim or 1% Milk

Assorted Cereals:
Cheerios, Rice Chex, Cinnamon Chex

VE – Vegan
V- Vegetarian
Local

All Grains are whole grain rich

**April 2024
ECE Lunch**



Monday

Tuesday

Wednesday

Thursday

Friday

- 1**
- Chicken Parmesan
 - Cheese Pizza **V**
 - Roasted Cauliflower
 - Orange Smiles

- 2**
- Taco Quesadilla
 - Cheese Quesadilla **V**
 - Roasted Broccoli
 - Diced Pears

- 3**
- Bean and Cheese Nachos
 - Turkey w/ Gravy & Dinner Roll
 - Blueberries
 - Red Bell Pepper Strips

- 4**
- Fiesta Potato Breakfast Bowl **V** w/ Biscuit
 - Tuna Salad Sandwich
 - Seasoned Carrot Coins
 - Mandarin Oranges

NO SCHOOL

- 8**
- Veggie Burger **V**
 - Deli Bento Box
 - Burger Toppings
 - Sliced Fresh Apples

- 9**
- Spaghetti & Meat Sauce
 - Cheese Pizza **V**
 - Parmesan Green Beans
 - Orange Smiles

- 10**
- Chicken Pad Thai
 - Bean and Cheese Burrito
 - Baked Plantains
 - Wild Blueberries
 - Burger Toppings

- 11**
- Pasta w/ Rainbow Marinara
 - Sunbutter and Jelly Sandwich **VE**
 - Banana
 - Citrus Glazed Carrots

- 12**
- Turkey and Cheese Sandwich
 - Grilled Cheese w/ Tomato Soup **V**
 - Roasted Broccoli and Red Peppers
 - Applesauce

15
NO SCHOOL

16
NO SCHOOL

17
NO SCHOOL

18
NO SCHOOL

19
NO SCHOOL

- 22**
- Grilled Cheese Sandwich
 - Turkey Bolognese w/ Pasta
 - Wild Blueberries
 - Baby Carrots

- 23**
- Bakes Penne Pasta
 - Breadstick
 - Tuna Salad Sandwich
 - Sliced Fresh Apples
 - Mixed Garden Vegetables

- 24**
- Chicken Pad Thai
 - Tofu Fried Rice **V**
 - Roasted Broccoli and Carrots
 - Orange Slices

- 25**
- Popcorn Chicken Bowl
 - Sunbutter & Jelly Sandwich
 - Roasted Cauliflower
 - Banana

- 26**
- Beef Enchilada
 - Cheese Pizza
 - Roasted Corn
 - Cantaloupe

- 29**
- Beef & Cheese Nacho
 - Bean & Cheese Burrito
 - Mexican Black Beans
 - Sliced Fresh Apples

- 30**
- Crispy Chicken Nuggets
 - Sunbutter & Jelly Sandwich
 - Wild Blueberries
 - Tater Tots
 - Dipping Sauces

- May 1**
- Cheese-filled Breadsticks w/ Marinara Sauce **V**
 - Turkey & Cheese Sandwich
 - Roasted Broccoli
 - Banana

- 2**
- Chili con Carne w/ Cheese & Bread stick
 - Caprese Grilled Cheese Sandwich **V**
 - Mandarin Oranges
 - French Fries

- 3**
- Broccoli & Cheese Baked Potato w/ Dinner Roll **V**
 - Chicken Salad Sub Sandwich
 - Applesauce
 - Blue Ribbon Coleslaw

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Students choice:
Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal

**VE – Vegan
V- Vegetarian
Local**

All Grains are whole grain rich

Focus on Food Waste

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year, costing most individuals about \$370 annually.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food waste can help save money, improve food access and protect natural resources.

What can you do?

- Be mindful, plan your meals for the week before grocery shopping to assure you don't over buy.
- Get creative with your storage, can you freeze an item before it goes bad to avoid wasting?
- Choose frozen or canned items that have a longer shelf life. Opt for fruits and vegetables with no salt or sugar added

For more ideas visit:

www.epa.gov/recycle/preventing-wasted-food-home

Cooking with Kids for Math Month

April is Mathematics and Statistics Awareness Month. Since the start of Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics. However, sometimes we overlook a daily activity that can help students not only advance their math skills but also establish life skills. That activity is cooking!

Cooking with recipes engages reading skills, comprehension and math. Recipes might include fractions, measuring and portioning-many of the basic skills students need to excel in math. Consider encouraging your child to select a few recipes he or she would like to make. Then, take some extra time to have fun and appreciate together the opportunity cooking brings to build a greater understanding and appreciation for mathematics.

Oven Roasted Broccoli (Serves 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola or olive oil
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko breadcrumbs
- 2 tablespoons grated Parmesan cheese

1. Preheat oven/air fryer to 450 degrees
2. Chop garlic
3. Wash basil and pat dry. Pull leaves off of stem and roughly chop
4. Chop broccoli
5. Drain tomatoes
6. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, italian seasoning and pepper. Spread out on parchment lined sheet pan
7. Bake or air fry until tender, about 10 minutes
8. Sprinkle broccoli mixture with panko and bake for about 5 more minutes or until crispy
9. Carefully transfer broccoli mixture to serving pan.
10. Ganish with Parmesan cheese and basil

Want to keep up with us and receive more nutrition tips?

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